

BE SMART ABOUT YOUR MEDICATIONS

Prescription medicines taken properly help heal illness, relieve pain, control disease and bring balance to life.

Use Only as Prescribed

Take prescription medication only as directed. Many forget to take their medication, take less than the prescribed dosage, or stop taking it before the supply runs out. Here are some simple steps to properly manage your medications:

- Get into a routine.
- Use a chart or calendar.
- Use a pill organizer.

Lock Up Your Meds

It's important to keep medications out of sight and out of reach from others in the household and never share prescriptions or take someone else's medication.

Dispose of Pills Safely

St. Mary's County Drug Drop-Off Program

The St. Mary's County Sheriff's Office has a prescription drug drop-off available **24 hours a day 7 days a week.**



SMARTMedicine

Only as prescribed.

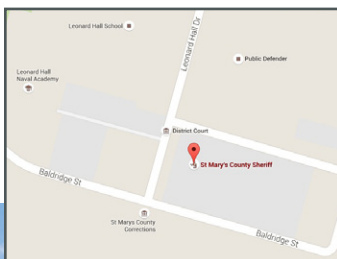
www.healthystmarys.com/smartrx

DISPOSE OF PILLS SAFELY

St. Mary's County Drug Drop-Off Program

St Mary's County offers a safe and convenient means of disposing your unwanted medications.

The St. Mary's County Sheriff's Office has two prescription drug drop-off boxes available, **24 hours a day, 7 days a week**, in the front lobby of the St. Mary's County Sheriff's Office located in Leonardtown. The Sheriff's Office can accept all non-prescription, over-the-counter medications, prescription medications, and pet medications, in addition to pills, liquids, ointments and lotions. Unfortunately, syringes, inhalers, or drugs in aerosol canisters or chemotherapy drugs, either in IV or oral form, **will not** be accepted.



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Funding provided by BHA and SAMHSA